The Best way to economise in Fuel is to Patronise your NATIONAL KITCHEN.

F.S.B. 26.

October 1918.

Housekeeping under the Fuel Rations.

THE RATION.

The Ration applies to all coal, gas and electricity used, whether for heating, cooking, lighting, or for any other purpose.

Fuel Ration A (below) applies to Wales and to all Counties in England North of (and not including) Gloucester, Oxford, Northants, Cambs, Norfolk.

Fuel Ration B (below) applies to Gloucester, Oxford, Northants, Cambs, Norfolk, and all Counties South of them.

The Light ration is the same for all.

Coal includes coke, anthracite, briquettes and patent fuels.

The quantity of coal, gas and electricity allowed for fuel and lighting is set out in the following table:—

Where the number of rooms occupied is	FUEL. The year's allowance shall not exceed—		LIGHTING. The year's allowance shall not exceed—	
	A.	B.	If taken wholly in Gas.	If taken wholly in electricity.
	Tons.	Tons.	Cubic feet.	B.T. units.
Not more than 2	3½	3	7,500	120
,, ,, 3	4	3½	7,500	120
,, ,, 4	4½	4	11,250	180
,, ,, 5	5	4½	11,250	180
,, ,, 6	6	5	11,250	180
,, ,, 7	7	6	15,000	240
,, ,, 8	8	7	15,000	240
,, ,, 9	9	8	15,000	240
,, ,, 10	10	9	18,750	300
,, ,, 11	11	10	18,750	300
,, ,, 12	12	11	18,750	300
,, ,, 13	13	12	22,500	360
,, ,, 14	14	13	22,500	360
,, ,, 15	15	14	22,500	360
,, ,, 16	16	15	26,250	420
,, ,, 17	17	16	26,250	420
,, ,, 18	18	17	26,250	420
,, ,, 19	19	18	30,000	480
,, ,, 20	20	19	30,000	480
,, ,, 21		20	30,000	480

If gas is used over and above the year's allowance for lighting it must be deducted from the fuel ration at the rate of 15,000 cubic feet of gas to 1 ton of fuel.

The consumer may take part of his lighting allowance in gas and part in electricity at the rate of 750 cubic feet of gas to 12 Board of Trade units of electricity.

TO BE OBTAINED FROM—

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A NEW WORK OF NATIONAL IMPORTANCE has been handed over to the housewife—that of housekeeping under the new fuel and light ration. This ration forces us to make fuel do twice as much work as it formerly did. There are to-day thousands of houses in England where the kitchen range alone consumes more than the whole ration which is now allowed for cooking, heating and lighting. We have, therefore, not only to cook food so that it goes further than it used to do, but we have to manage this economical cooking on half the amount of fuel we have been accustomed to use. The ordinary built-in kitchen range is doomed: investigations have proved that 98 per cent. of the fuel used in it is wasted up the chimney and we have cooked on the remaining 2 per cent. This extravagant method of cooking must be replaced by a modern, economical, slow-combustion stove or, if this is not possible, by such homely measures as cooking on an open fire, or careful, scientific use of gas appliances.

As gas and electricity are included in the ration, it may help us if we begin by looking round our houses to see where we might reduce any consumption of gas or electricity which is not absolutely necessary.

We need not keep lights burning in passages.

Those of us who have hitherto never exercised rigid economy in the use of either fuel or light will probably be obliged now to use fewer living rooms than formerly in order that one lamp and one fire may do the work of several.

Gas is now used in many households to heat irons, to boil kettles, to do quick little jobs of cooking, all of which might well be done on the stove (either coal or gas) when a meal is being cooked. All such arrangements, however, need careful planning and involve the expenditure of brain-power.

There are those who, for the sake of economy in money, have always gone to bed by the light of a conveniently placed street lamp, and, even in these days of darkened streets, it may be possible for others, for the sake of economy in light, to follow their example.

Instead of a sitting-room fire being considered merely as an instrument of warmth, it ought now to be looked upon as wasting its energy unless it is also serving a secondary purpose, such as boiling the kettle, making toast, heating the irons, or some such similar work.

The sitting-room fire, for instance, could always be used to heat water for hot-water bottles, and these would in the morning produce enough warm water with which to wash.

Hot baths should be sternly limited in number, rationed in the quantity of water, and taken only by permission of the housewife, who is grievously hindered when greedy, inconsiderate people empty her hot water tank without informing her.

It must not be forgotten that we are already on the *new ration scale, and that great privation will be felt* during the cold dark days of winter unless all possible economies begin at once.

ECONOMY IN ELECTRIC LIGHT.

The ease with which electric light can be switched on renders it liable to wasteful usage.

Every householder should go through the house removing all but essential bulbs and changing the others to a lower power.

A lamp in the centre of the ceiling is an extravagant means of lighting a room. Whenever possible such lamps should be left unlighted, and standard or reading lamps should be used instead. Several persons sitting round a table can see to read or work by a 10 candle-power lamp if it is close to them, whereas one of 30 c.p., hung from the ceiling, will yield but an indifferent light for the same purpose.

It is unnessary to use electric light continuously in passages.

The use of bowl fittings and coloured shades is wasteful. Simple white reflectors give the best result for the amount of power consumed. A piece of white paper, pinned half round the light, will greatly add to the illuminating power.

Use bulbs with metal filaments. They give full value for the power used as long as they last. Carbon filaments gradually give less and less light, although they consume as much, or even more, electricity the older they get.

HOW GAS MAY BE SAVED.

Under war conditions new appliances and utensils cannot easily be obtained, but it is *most* important that such apparatus as there is should be kept in good repair, or much gas will be wasted.

Clogged and faulty burners on a gas stove—broken radiants in a gas fire or broken mantles on an incandescent burner—are all frequent sources of waste.

READ YOUR METER CAREFULLY.

In order to check expenditure on gas and to detect wastage, leakage, or faulty registration, the gas meter ought to be read regularly, say once a week, and a record kept of the amount of gas consumed.

Meter-reading is quite simple, and it should be no more difficult for an educated woman to learn to read her own gas meter than for a reasonably intelligent child to learn to tell the time by the clock.

A copy of instructions mounted on a card can usually be had from the local gas manager and hung up in a convenient place near the gas-meter until it is mastered by constant use.

ECONOMY IN THE USE OF GAS FOR LIGHTING PURPOSES.

Use Incandescent Burners.—they are much more economical than the old flat-flame burners; where these latter are still in use it is possible to buy for 1d. or 2d. what is called an "economiser," which often makes one burner do the work of two. This is a little fixture which is screwed on the burner between the gaspipe and the nipple of the burner.

Buy Good Mantles.—Inferior mantles do not give such a good light and will not last so long. "Bijou" incandescent burners give, in most cases, sufficient light. When an incandescent burner is to be lighted the match should be ready, and the gas should not be turned on before the match is applied, otherwise the mantle may be shattered by a concussion caused by the accumulation of gas. If the burner is fitted with a by-pass, of course, no match is necessary.

KEEP GLOBES AND CHIMNEYS CLEAN.

A good light depends largely on the cleanliness of globes and chimneys, so these should always be kept well dusted and washed. They may be toughened and made more resistant by putting them into a saucepan of cold water, bringing it slowly to the boil, and then leaving them in the water to cool gradually.

ECONOMY IN THE USE OF GAS FIRES.

Never leave the gas fire burning when it is not needed. The modern types have an arrangement of taps whereby the side jets can be turned out at need, leaving only the centre ones burning, and when a room has once been well warmed the centre portion of the fire is quite enough to keep the temperature suitably high. If this separate arrangement does not exist, the gas should be lowered when the room is warm. In any case the flames should never be allowed to be visible at the sides or top of the radiants, as this wastes the gas without giving extra heat.

In lighting a gas fire care should be taken that the flame burns blue and not yellow. A yellow flame means that soot is being formed, which will choke the burners and pipes and waste the heat. If a yellow flame appears, therefore, the gas should be turned off and lighted again. The right way of lighting a gas fire is to turn on the tap for an instant to allow the gas to displace the air in the pipe, then to turn off the tap again and after a second to apply a lighted taper to the centre of the fire well above the burners and under the fire clay, and again turn on the tap. The fire, if the stove is in good order, should then burn steadily. There should be no "pop" when the fire is lighted if it is properly done.

THE GAS COOKER OR GAS RING.

In most houses a gas ring or gas cooker is fitted, but instead of being economical devices they may lead to extravagance unless well managed.

They should not be used when a fire is burning.

If you are to get the full benefit of the gas used, carry out the following suggestions:—

1. Choose the size of burner most suitable for the size of pan to be used.

When the contents of a pan have reached boiling point it should be moved on to the small simmering burner. If no such burner exists, turn down the gas until simmering point is reached.

2. Do not turn the gas on full so that the flame is allowed to lick the sides of the pan. This wastes gas and does not heat the pan any more quickly.

3. Three pans can be kept boiling over one gas ring if four bricks are placed round the ring. The pans should be arranged on the bricks so that each is partly over the ring.

4. If three or four pans require to be kept boiling on a gas cooker it can be done over one burner if three-quarters of the top of the cooker is covered with a thin sheet of iron. It will also be found possible to heat irons on the sheet at the same time.

5. Keep the burners clean. This can be done by means of a piece of fine wire.

ECONOMY IN THE USE OF A GAS OVEN.

If possible do not use it. But if you must, avoid lighting an ordinary sized gas oven in order to bake one or two small articles.

It is economical to get the oven thoroughly hot before the food to be cooked is put in it, and then to lower the gas immediately the food is inside. Many cooks spoil their dishes and thus cause waste, both of gas and food, by not getting the oven sufficiently hot at first.

For small articles a biscuit tin oven will answer the purpose perfectly.

HOW TO MAKE A BISCUIT TIN OVEN.

Requirements:—

A biscuit tin
A small coil of flexible wire
A few screws and nuts
A wooden handle
2 hinges (if liked).

Make four small holes on either side of the tin. This can be done by hammering a nail through the tin. Lace the wire backwards and forwards through the holes in order to form a shelf, fastening it securely at both ends. Instead of the wire two brackets may be fixed, one on either side of the tin, so that a tin movable shelf may be put in. The handle is fixed on to the lid by means of a screw and nut.

The lid can either be fastened to the tin by means of hinges, and this is certainly the most satisfactory method, or it can be left separate and entirely removed when it is necessary to attend to the food in the oven. In any case the bottom rim must be flattened against the lid.

A biscuit tin oven can be heated on a grid, meat stand or asbestos mat over one of the rings of a gas stove or on a separate gas ring In the latter case 3 bricks should be arranged round the ring and the tin placed on them with the opening at the front.

THE CHOICE OF UTENSILS.

Broad and shallow utensils are the most economical to use as they present a large heating surface to the gas flame.

It is a great mistake to use the same utensils indiscriminately on a coal-range and a gas-cooker. A deposit of soot on the bottom not only causes a smell, but acts as a non-conductor between the heat of the flame and the water inside, and so wastes gas. A saucepan should not be used uncovered, except for special reasons, such as the need for almost constant stirring of the contents, as heating takes much longer in this case, and gas is consequently wasted.

If possible use a steamer with several tiers and so cook a whole dinner over one gas ring. Block tin utensils are preferable for use on a gas stove, as the heat passes through them quickly.

HOT WATER—WHEN HEATED BY GAS.

1. Do not fill a large kettle if only a pint of water is required.

2. If more water has been heated than is required put the kettle in the hay-box and the water will keep hot for hours.

3. Do not light the gas and then run and fill your kettle. Turn out the gas before removing your pot or kettle.

4. After roasting or baking, water required for washing up can be heated by filling a bowl and putting it into the oven while the oven is still hot; or, when the oven is not available, by placing an enamelled basin of water on top of any pot that may be boiling.

NOTE.—Washing up can be done quite well in cold water, if grease be first wiped off the utensil with paper and if a stiff nail brush or small scrubbing brush with a little soap be used instead of a dish-cloth.

HOW TO SAVE COAL.

Learn to regulate your register. A better result is obtained and less coal is used if it is only partly open.

Insert firebricks at the side of large grates, so reducing their size and curtailing the quantity of coal used.

Coal and Coke, mixed in equal proportions, give a fuel which will last longer than coal alone, and although it does not blaze it gives a very steady heat.

In a sitting-room grate, if a moderately good coal fire is well banked with coke, it will last for hours as a hot glowing fire if left undisturbed.

Sift all ashes and keep the cinders for further use.

Briquettes.—Egg-shaped briquettes made of coal-dust and pitch make an admirable fuel. These should be arranged so as to allow a free passage of air, and the fire should not then be poked.

Use Slack or Small Coal slightly damped for banking down, while the fire is not in actual use.

Peat.—Peat when thoroughly air-dried is a valuable fuel. It is easily lighted and gives excellent results when consumed in open grates.

It will keep a fire burning slowly for hours, but if a quick bright fire is needed a little coal can be burned with it.

Owing to the cheap and abundant supply of coal the peat resources of England, Scotland and Wales have not been developed to the fullest extent except in districts remote from the coal-fields. There are much larger supplies of peat in the country than is generally known, and every possible use should be made of this excellent substitute for coal.

Dried Turf, or even dried weeds, will help to save fuel, and can be used to good advantage in this way.

Whenever it is possible use the same fire for warming and cooking purposes. In many small households it will no doubt be possible to live in the kitchen to a great extent during the winter. On the other hand, there is no reason why, with a reasonable amount of care, a considerable portion of the cooking should not be carried out in a sitting room, over an open fire. The hints on One Pot Cookery will be found helpful in this direction.

THE ECONOMICAL MANAGEMENT OF A COOKING STOVE.

1. Keep the flues clean.

2. Regulate the heat by the correct use of dampers. It is impossible to give hard and fast rules for this, as different stoves require different treatment, but every cook should carefully study her stove so as to obtain the best possible results with the least amount of fuel.

3. Avoid excessive poking.

4. If the draught is good slack can be burned when the fire is going well.

PLANNING OUT THE WEEK'S COOKING.

Housekeepers who have both coal and gas stoves available for cooking purposes will probably find it advisable to heat the coal range on one or two days a week, to do the bulk of the cooking, and to heat the water for baths; and to use a gas stove or gas ring on the remaining days of the week.

The best possible use should be made of the coal range when it is heated. The upper part of the oven should be utilised for baking pies, buns, or a joint, whilst milk-puddings, hot-pots, and dishes which require gentle heat should be cooked on the bottom of the oven. The hot-plate should at the same time be used for cooking stock, soup, and also the pulses and vegetables which will be required for use in "made-up" dishes during the next two or three days. In the cold weather, and with a moderately good keeping place, this plan will be found quite satisfactory.

In this way the gas cooker will only be required for the quick preparation of dishes that cannot well be done in advance.

It will be possible in many cases to arrange for the baking and ironing to be done on the same day, so that one fire serves for both purposes. As soon as the cooking is finished, the dampers should be so arranged that heat is directed towards the boiler.

ONE POT COOKERY.

HOW TO COOK A DINNER FOR SIX OVER A GAS RING OR OPEN FIRE.

The following dinner for six can be perfectly well cooked in a large saucepan fitted with one steamer over a gas ring, oil stove or open fire.

Menu.

Vegetable soup.
Stewed beef.
Carrots and potatoes.
Ginger pudding.

How to cook the dinner.

Vegetable Soup.—Cook this in the saucepan for 2 hours.

Stewed Beef.—1 lb. silverside or top side of round. When the soup has cooked for half an hour the meat should be put in and should simmer gently.

Ginger Pudding.—The steamer by this time is well heated. Put the pudding into it, and cover with the lid. The pudding will take 1½ hours.

Potatoes.—2 lbs. Well scrub the potatoes and put them into the steamer 45 minutes before they are required. They should surround the pudding.

Carrots may be cooked whole in the soup and served with the meat. In this case fewer vegetables need be cooked in the soup. The carrots must be well scrubbed and if they are old should be scraped and cut in quarters lengthwise; if young they should be left whole. If liked they can be tied in a clean piece of muslin so that they can be removed from the soup easily.

Time.—20-30 minutes if new, ¾-1 hour if old.

RECIPES.

VEGETABLE SOUP.

To make about 3 pints soup.

2 ozs. barley.
2 ozs. lentils.
½ lb. carrots.
1¼ lbs. onions or leeks.
½ lb. turnips.
2 quarts stock or water
Parsley (a few sprigs).
A few outside leaves of celery and cabbage.
Salt and pepper to taste.

Method.—Wash and soak the barley and lentils in water for 12 hours, allowing ½-gill water for 1 oz. cereal. Well scrub and scrape the carrots and the celery, peel the onions and turnips and chop them or put them all through the mincing machine. Put the soaked barley or lentils with the water in which they have been soaked and the remainder of the stock into a saucepan, bring to boiling point, add the vegetables and simmer for 2 hours. Season to taste with pepper and salt. Wash and chop the parsley finely, and add it to the soup.

Note.—If using celery seeds tie them up in a small piece of muslin.

Ginger Pudding.

8 ozs. potato (scrubbed, cooked and sieved).
2 ozs. ground rice.
¾-teaspoonful of ground ginger.
½-teaspoonful of mixed spice.
1½ tablespoonsful golden syrup, treacle or corn syrup.
1½ ozs. cocoa butter, lard, dripping or suet.
1 dried egg.
½-teaspoonful bicarbonate of soda.
1 tablespoonful milk and water.

Method.—Mix the potatoes, ground rice, ground ginger and mixed spice together. Make a well in the centre and into this put the grated cocoa butter, egg and golden syrup. Beat the whole thoroughly for about five minutes. Dissolve the bicarbonate of soda in a little milk and water and add this last of all: Put the mixture into a greased tin and steam for 1½ hours.

Note.—If lard or dripping is being used, cream it with the potato before adding the rice.

ONE-POT COOKERY WITHOUT STEAMER.

If no steamer is available, a large saucepan about 6 quarts in capacity, and two or three earthenware jam jars without bends at the top will serve the purpose.

A fish kettle is one of the most useful vessels for "one-pot" cookery. Several jars containing the food to be cooked can be placed in the bottom of the vessel, and the strainer (turned upside down) will form a shelf on top of them, on which fish can be cooked on a dish, covered with the lid of the fish kettle.

A dinner consisting of:

Steamed fish,
Potatoes,
Ginger or other steamed pudding

could be cooked in this way.

The pudding can be put into a greased jam jar covered with paper or a small saucer and placed in the pan with sufficient boiling water to reach half-way up the jar. This will take 1½ hours to cook.

The potatoes can be boiled in their skins in the water, or steamed by putting them in another jar standing in the pan of water. By the latter method they will take ¾ to 1 hour to cook.

The fish may be cooked on a greased plate placed on the top of the pan. It should be covered with the lid or another plate. The fish should either be filleted or cut into slices 1 inch thick. It will take about 20 minutes to cook.

A very successful meal can be cooked in a saucepan containing boiling water and three jam jars:—

(1) Containing a stew of meat and vegetables.
(2) Containing a steamed pudding.
(3) Containing potatoes.

By adopting these methods one gas ring can be used whereas formerly three or four were found necessary.

Fuel will be saved if the following points are attended to:—

1. Tapioca should be finely crushed.

Barley, tapioca, sago and oatmeal should be soaked overnight in cold water. If this is done they not only cook more quickly but a better result is obtained.

2. Peas and beans should be covered with boiling water (1 quart water to 1 lb.). Add ½-tablespoonful bicarbonate of soda and allow to soak for 12-24 hours.

3. Steaming is a quicker way of cooking peas and beans than boiling. A small quantity can be steamed in a square of muslin over a pot in which other things are boiling. Place the peas on the muslin, put the lid over them, and tie the four corners under the handle of the lid.

4. When steaming puddings if a number of small basins or moulds are filled with the mixture they will cook more quickly than one large one.

5. Do not heat a gas oven or cooking range in order to cook a milk pudding. It can be cooked just as well in a double pan, or in a covered jam-jar standing in a pan of water on an open fire.

HAY-BOX COOKERY.

One of the most satisfactory ways of saving fuel of all kinds is by means of a fireless cooker, such as the hay-box.

This fireless cooker is so constructed that cold air cannot easily enter from outside, neither can the heat from the stew jar or casserole quickly escape; so that when once the cooking of the stew has begun over the coal or gas fire, the jar can be quickly transferred to the hay-box. There it will finish cooking and will only need to be finally re-heated over the gas or fire before being served. While in the hay-box the stew needs no attention; it cannot burn or boil; it just goes on cooking slowly without fire.

HOW TO MAKE A HAY-BOX.

Obtain a cube sugar box or any strong box of about the same size. It must have a lid which should be attached by hinges and a hasp or fastener so that it fits closely. An old tin box will answer the purpose just as well.

Line the inside of the box with several thicknesses of newspaper, then pack as tightly as possible with fine straw, hay, wood shavings, balls of newspaper, or any soft non-conducting material to within 3 inches of the top.

Hay-box made with hay or straw.

Make a wooden or cardboard partition so that it will come level with the top of the box. Fill each compartment about two-thirds full with hay or straw, leaving a nest in each in which the pan or casserole will fit exactly.

Make two mattresses of newspaper about 3 or 4 inches in depth which will entirely fill the space above the hay. It is well to cover each of these with an old blanket, and when the lid is closed it should press down upon the packing. Cushions or mattresses made of flannel or old blanket and stuffed with hay or other stuffing can take the place of newspaper.

To make a paper hay-box.

Make a partition and line the box as before with several layers of newspaper. Roll up a large amount of paper into small solid balls. Press the balls into the box to a depth of 3 or 4 inches. The vessel or vessels which are going to be used permanently should be put into the box in position on top of the balls of paper and wrapped round tightly with a piece of cardboard or corrugated paper. The spaces round the vessels should be tightly packed with balls of paper to the top of the pan. It is essential that the paper should be well pressed down. The vessels can then be removed, the cardboard wrapper being left behind to make the nests secure. Two thick pads of newspaper about 3 or 4 inches in depth should be made to fit each compartment, and on top of this an old blanket should be laid.

Paper can only accommodate the size of cooking vessel for which the nests have been made, so that for this reason something more pliable, such as soft straw or wood shavings, if procurable, has an advantage.

What and how to cook in the hay-box.

Any food that requires long slow cooking can be prepared in this way. It is especially useful for stews, soups, porridge, milk pudding, etc., but it will not roast or bake.

Kind of pan.

Fireproof or earthenware casseroles are the most satisfactory utensils for use in the hay-box, as they retain heat for a long time. They can safely be brought to boiling point on a gas or oil stove provided they are not allowed to come in contact with the flame.

Other pans may be used, but they must not have long handles.

Points to be remembered.

1. All food must be brought to boiling point and must be actually boiling when put into the hay-box,
2. The utensils must always be full; there should be no space between the food and the lid.
3. A large quantity of food will cook better in a hay-box than a small quantity, as it will retain the heat much longer.
4. A two nested cooker which will accommodate two vessels of food is of greater use than a single one. If two nests are made it is desirable that both should be filled or heat will be lost. When only one vessel of food is required to be cooked, place a can of boiling water in the second nest.
5. The pan must not be uncovered until it is to be removed from the box.
6. Food must be re-heated before serving.

TIME REQUIRED FOR COOKING VARIOUS FOODS.

Dish.	Time on Fire.	In Hay-box.
Lentil Soup	20 mins.	2 hours
Potato Soup	¼ hour	1½ hours
Fish, stewed	3 mins.	½ hour
Irish Stew	½ hour meat 5 mins. potatoes	1½ hours
Beef Stew with vegetables	¾ hour	3 hours
Potatoes	5 mins.	1½ hours
Haricot Beans, soaked	20 minutes	2 hours
Lentils, soaked	5 minutes boiling	2 hours
Barley, soaked	10 minutes boiling	2 hours
Boiled Rice, soaked ...	5 minutes boiling	1 hour
Rice Pudding	10 minutes boiling	2 hours
Stewed Apples	2-3 mins. boiling	1-2 hours
Stewed Prunes	2-3 mins. boiling	2½ hours
Coarse Oatmeal Porridge, Oatmeal soaked	10 minutes boiling	All night
Quaker Oats, soaked	5 mins. boiling	2½ hours
Suet Pudding	30 mins.	2½ hours
Meat Pudding (Suet)	45 mins.	3 hours
Boiled Bacon or Mutton (3-4 lbs.) ...	45 mins.	4-5 hours
Young Vegetables ...	10 mins.	hours
Old Vegetables ...	18-20 mins.	2 hours

NOTES.

For Stews cooked in this way the meat must be quite fresh.

If coarse oatmeal is used in making porridge it should be soaked for several hours in the water in which it is to be cooked, then boiled for 10 minutes, left in the hay-box overnight and re-heated before serving. Medium oatmeal should be boiled for 5 minutes and then cooked overnight in the hay-box.

Suet puddings are only successful when cooked in a basin with a patent screw-down lid and put into the hay-box in a pan of boiling water.

Vegetables must be covered with water or stock. Any vegetable soup or stew should be boiled for 10 minutes and cooked in the hay-box for 2 hours. The water left after cooking the vegetables can be used in soup.